

## NBRC Lap Pool FEBRUARY 16 - 22



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0.00							
6:00am							
6:30am		<b>Lap Swim</b> 6:00-8:00		<b>Lap Swim</b> 6:00-8:00			
7:00am	<b>Lap Swim</b> 6:00-9:00	6.00-6.00	<b>Lap Swim</b> 6:00-9:00	6.00-6.00	<b>Lap Swim</b> 6:00-9:00	3 lanes open	
7:30am	6:00-9:00		6.00-9.00		6:00-9:00	7:00-9:00	
8:00am		4 lanes open 8:00-9:00		4 lanes open 8:00-9:00		Bldr Swim	2 lanes open
8:30am	4.1	Drop-in H <sub>2</sub> 0 Fit	4.1	Drop-in H <sub>2</sub> 0 Fit	4.1		8:00-9:30 BAM
9:00am	<b>4 lanes open</b> 9:00-10:00 Drop-in H <sub>2</sub> 0 Fit		<b>4 lanes open</b> 9:00-10:00		<b>4 lanes open</b> 9:00-10:00	<b>Lap Swim</b> 9:00-10:00	
9:30am			Drop-in H <sub>2</sub> 0 Fit		Drop-in H <sub>2</sub> 0 Fit		<b>4 lanes open</b> 9:30-10:30
10:00am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	6 lanes open 10:00-11:00	BAM
10:30am	3 lanes open 10:30-11:30 BAM	9:00-12:00	3 lanes open 10:30-11:30	9:00-12:00	3 lanes open 10:30-11:30	Elks  Lap Swim 11:00-1:00	<b>Lap Swim</b> 10:30-1:00
11:00am			BAM		BAM		
11:30am	-		<b>Lap Swim</b> 11:30-4:00		<b>Lap Swim</b> 11:30-4:00		
12:00pm		3 lanes open 12:00-1:00 BAM		3 lanes open 12:00-1:00 BAM			
12:30pm							
1:00pm		<b>Lap Swim</b> 1:00-4:00		<b>Lap Swim</b> 1:00-4:00		4 lanes open 1:00-4:00 Open Swim, Drop Slide, &	4 lanes open 1:00-3:00 Open Swim, Drop Slide, & Diving Board
1:30pm							
2:00pm							
2:30pm							
3:00pm						Diving Board	
3:30pm							
4:00pm	5 lanes open 4:00-5:30 Elks	5 lanes open 4:00-5:30 Elks	5 lanes open 4:00-5:30 Elks	5 lanes open 4:00-5:30 Elks	5 lanes open 4:00-5:30 Elks	<b>Lap Swim</b> 4:00-6:30	<b>Lap Swim</b> 3:00-7:30
4:30pm							
5:00pm							
5:30pm	Lap Swim 4 lanes open 6:00-7:00 BAM	2 lanes open 5:45-6:45 Drop-in Zumba	Lap Swim	Lap Swim	<b>Lap Swim</b> 5:30-7:00		
6:00pm			-				
6:30pm			6 lanes open 6:15-7:00 Lessons	5 lanes open 6:00-9:00 Guard Inservice			
7:00pm	4 lanes open 7:00-8:00 Drop-in H <sub>2</sub> 0 Fit  Lap Swim	6 lanes open 6:45-9:00 Guard Inservice	<b>Lap Swim</b> 7:00-9:00			1	
7:30pm							
8:00pm							
8:30pm	8:00-9:00	Inservice					
9:00pm							

<sup>\*</sup>Indicates # of lap lanes available to public for lap swimming